

# My Mate Fancies You



## The DfE guidance for relationship education in primary schools states that

- schools should teach about relationships and health, including puberty
- pupils should know the key facts about puberty and the changing adolescent body, including physical and emotional changes.
- pupils should be taught key facts about the menstrual cycle including what is an average period, range of menstrual products and the implications for emotional and physical health.
- the transition phase before moving to secondary school should support pupils' emotional and physical development so they are prepared for the changes that adolescence brings

*"A really well delivered performance, hitting all the areas of emotional and physical change children have been concerned with. This performance & follow up group work is a true investment into the children's PSHE/SRE curriculum and the children thought it was great!" PSHE lead/Year 6 teacher*

## Concept

### Fun theatre in education programme on puberty & transitions.

*"Loudmouth's My Mate Fancies You session is possibly the most important afternoon these children have. It is a safe insight into puberty and prepares them for secondary school." – **Headteacher***

This programme teaches about the range of physical and emotional changes that take place in the adolescent body during puberty.





## Objective

### **Appropriate and sensitively run drama and workshop.**

The programme uses a fun and informative drama plus discussion workshop to help children & young people understand transitions and puberty (including the menstrual cycle), reassure them that it is normal/not something to worry about and advise them where to go for support.

## Outcomes

**Proven increase of children & young people's confidence and skills on the topic of puberty.**



- 86% of pupils rated their knowledge of puberty as excellent or very good as a result of the programme.
- 82% said that after the programme they felt that puberty was a normal part of life.
- 99% said that the programme helps children to learn about growing up and puberty.
- 100% of staff would recommend the programme to other schools.

**To find out how young people in your school could benefit from this programme contact Loudmouth Education and Training on 0121 446 4880 or e mail [info@loudmouth.co.uk](mailto:info@loudmouth.co.uk)**